Reflections

Wednesday, June 3, 2020

Rest in Peace

My Aunt Norleen slipped away in her sleep last night. She will be buried next to my Aunt Jean, her best friend in the whole world. They are together now…celebrating in the Light.

Peace Meditation

I asked each of you to help me write a peace meditation for Minneapolis. It's part of the Juneteenth Peace Project to support the healing and growth of America.
https://www.peacefulcities.org/city/juneteenth-peace-project-june-19-26-2020/

A couple of notes:
Juneteenth is the oldest nationally celebrated commemoration of the ending of slavery in the United States. Dating back to 1865, it was on June 19th that the Union soldiers, led by Major General Gordon Granger, landed at Galveston, Texas with news that the war had ended and that the enslaved were now free. Note that this was two and a half years after President Lincoln's Emancipation Proclamation - which had become official January 1, 1863. The Emancipation Proclamation had little impact on the Texans due to the minimal number of Union troops to enforce the new Executive Order. However, with the surrender of General Lee in April of 1865, and the arrival of General Granger's regiment, the forces were finally strong enough to influence and overcome the resistance. Much more here:
https://www.juneteenth.com/history.htm

I have received dozens of emails with ideas on how to approach this meditation here's some just a small sample of the inspirations:

We Rose
From Africa's heart, we rose
Already a people, our faces ebon, our bodies lean,
We rose
Skills of art, life, beauty and family
Crushed by forces we knew nothing of, we rose
Survive we must, we did,
We rose
We rose to be you, we rose to be me,
Above everything expected, we rose
To become the knowledge we never knew,
We rose
Dream, we did
Act we must
~Kristina Kay

Ellen Walker: Namaste. The theme is that true peace comes when we look beyond the superficial, Earth-plane differences to the divine within ourselves and all others. When we recognize the oneness of heart and mind of which we are all aspects, we realize the peace, harmony, and love which are already there.

Raymond Grace: An affirmation: “I give thanks for neutralizing the negative effect of the mass consciousness of people in Minneapolis, the Corona virus and all negative emotions associated with them.”

Frank Kenna: I saw an interview yesterday on CNBC with the SpaceX astronauts, who are in orbit right now. One of them said this, replying to a question about what the perspective is like from “up there.” He said:

“The overview effect [is what] astronauts typically achieve when they accomplish their first spaceflight and look back at the Earth and realize that there are no boundaries or borders really observable from space,” NASA astronaut Bob Behnken told CNBC’s “Squawk on the Street” on Tuesday. “You see that it’s a single planet with a shared atmosphere. It’s our shared place in this universe. So I think that perspective, as we go through things like the pandemic or we see the challenges across our nation or across the world, we recognize that we all face them together.”

Patty Ray Avalon: Ask the city: What do you need now? (we may all think we know what is best, but maybe that’s not what the city would like). How can we help you with our energy and ability to focus a template into being? What do your people, animals, the land need? Tell us dear city so that we may help you create what you need now.

Nancy McLaughlin-Wlater: May our need for justice and equanimity be reflected in our words and in our actions.

Carole Wagonhurst: Gratefulness for George Floyd’s life journey and the lessons his unfortunate death is providing

Carol Monroe: from RAM: "There is no union, there is no sharing, there is only ONE".

Joe McMoneagle:
May the avenues to change begin in the heart.
May the avenues to change be in hours, not years.
Compassion and understanding grow from empathy.
Empathy must be nurtured to encompass our differences.
To feel and care is to serve and protect everyone, regardless of race.

Amenie Hopkins:
I am here with you.
Minneapolis,
Where George Floyd's last breath

Left us all gasping,
The air knocked from our lungs.
The next breath we took
Burning with complicity
As the curtain drew back to show us, unequivocally,
The levers, chains, and pulleys that we each pull to keep
This system going.
I breath deeply into my accountability,
And the whole world breathes together,
A collective inhale that lifts up a nation and propels us into the streets,
All colors of humanity
United.
United.
United.
Indivisible in our love for one another.
Undeterred in our pursuit of a just and equitable future.
Present in this moment of pain and change,
Laboring together to birth a new life, a new America
Minneapolis,
We are with you.

Jenny Whedbee:
Release fear replace with love
Change prejudice into empathy
Release feelings of anger and replace with compassion
Open the heart
Open the eyes and see the commonality
Appreciate our differences
embrace them they make the world more beautiful
Know that we're all here struggling trying to figure out our own lives allow everyone that grace to do so in their own personal way
If you see someone being oppressed say something. Help them, Be an ally a beacon of light.
Respect All Life

Joe Gallenberger: I'd start with relax then bring the meditator to a deep sense of inner peace, then have them link with all beings of good will and extend the sense of peace to the city. This follows the tenet that peace begins with each individual, then brings in sense of community.

That's a great way to end the day,

See you Thursday.
Scott